

Provision of quality and timely psychological first aid
to people affected by the Ukraine crisis in impacted countries

BUDDY TALKS QUESTIONS

ARE YOU READY FOR THE DAY?

- How are you today?
- Is there anything that prevents you from being fully mentally present today?
- What do you expect to get out of today?
- What can you do to get the most out of the work today?
- Do you need any support from me today?

ARE YOU READY TO END THE DAY?

- How was the day for you?
- What was the most important learning of the day?
- Anything you need to put aside before moving on with the day?
- Any selfcare plans for the rest of the day?
